



Discover your Raleigh Parks and Recreation Department

Teen and Adult Programs

American Red Cross Babysitter's Training

Age 11 yrs. - 15Y

Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross. \$50

#110285 Jun 11 Sa 9:00 am - 3:00 pm

Raleigh Youth Council

Are you a high school student interested in initiating, organizing, and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement on leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth Legislative Assembly, State Youth Council Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating please contact the Teen Program at 919-807-5409.

Exercise - Cardio Karate

Age 16 yrs. and up.

Experience the thrill, fun and excitement of Cardio Karate while burning calories through rigorous punching and kicking workouts. Cardio Karate is a great total body workout that teaches simple self defense techniques, while improving your balance, flexibility, coordination and endurance. Classes are designed for both beginner and more experienced kickboxers, and are medium to high impact. Instructor: Jim LeClair. \$36

#110015 May 3-26 Tu, Th 7:15 pm - 8:00 pm

#110017 Jun 2-28 Th, Tu 7:15 pm - 8:00 pm

#110019 Jul 5-28 Tu, Th 7:15 pm - 8:00 pm

#110021 Aug 2-25 Tu, Th 7:15 pm - 8:00 pm

Fitness First Boot Camp

Age 18 yrs. and up.

Boot Camp is fun, high energy group exercise that concentrates on cardiovascular and strength training. This class is for everyone from the casual trainer to the marathon runner---or just women that want a great workout to help get back in shape. Instructor: Kyle Furlow, AFAA certified. \$40

#108495 May 3-26 Tu, Th 10:15 am - 11:15 am

Adult KickBall League

Age 18 yrs. and up.

The athletics division is offering adult kickball registration from Monday, August 29th-September 1st at 2401 Wade Avenue in Jaycee Park from 8:30am - 6pm. Games will begin the week of September 19th. For more information please contact 831-6836. \$300

Exercise - Weight Room/Fitness Centers

Age 18 yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. \$15

Zumbatone PLUS

Age 18 yrs. and up.

Start with warm up activities and some fun Latin moves, along with traditional fit moves. You don't have to be a dancer! For the second half of the class, we will do weight training for the upper and lower body. Then, to the floor for the 'PLUS' ab workout and finish up with a cool down. This class is ideal for all adults just getting started in fitness (including seniors!) with a fun attitude in fitness! Bring your own weights and a mat or towel. Instructor is AFAA Group Fitness and Zumba Certified.

Instructor: Ms. Bettie. \$40

#108388 May 2-23 M 5:30 pm - 6:30 pm

Laurel Hills Center

Summer Programs 2011

Capital City Striders

Age 18 yrs. and up.

Friday mornings, rain or shine, join the group for fun and exercise! This is a self directed 'walk in the park'. If the weather is nice, there is a beautiful nature trail to walk. If it's a little gloomy or wet (or cold!) outside, you'll have the large double gym for your walk. It's fun, it's free, so come join the group! \$0

#107994 May 6-27 F 10:15 am -11:15 am

Fitness - Seniors In Motion

Age 18 yrs. and up.

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. \$20

#110233 May 4-27 W, F 10:15 am -11:15 am

Senior Club - Laurel Hills

Age 55 yrs. and up.

Join the Laurel Hills Senior Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime! \$0

#107989 May 3-31 Tu 10:15 am - 1:00 pm